



# YOUTH AQUATIC PROGRAMS SPRING 2026

Session Dates: April 13 - June 7

Registration Dates: Members March 30th | Non-Member: April 2nd

## Aquatics

Register Here 

Program	Class	Age	Day	Start	End	Member	Non-Meml	Instructor	Location	No Class
Parent & Child Swim Lessons	Parent & Child Level 1	6 mo - 2 y	Wednesday	4:10 PM	4:40 PM	\$50.00	\$90.00	Roxanne	Pool	
Parent & Child Swim Lessons	Parent & Child Level 2	2-4	Wednesday	4:45 PM	5:15pm	\$50.00	\$90.00	Roxanne	Pool	
Preschool Swim Lessons	PS Level 1	3-5	Monday	5:35 PM	6:05 PM	\$42.86	\$77.14	Roxanne	Pool	5/25
Preschool Swim Lessons	PS Level 1	3-5	Tuesday	5:00 PM	5:30 PM	\$50.00	\$90.00	Carol	Pool	
Preschool Swim Lessons	PS Level 1	3-5	Tuesday	5:35 PM	6:05 PM	\$50.00	\$90.00	Brittany	Pool	
Preschool Swim Lessons	PS Level 1	3-5	Thursday	4:10 PM	4:40 PM	\$50.00	\$90.00	Brittany	Pool	
Preschool Swim Lessons	PS Level 1 & 2	3-5	Thursday	10:15 AM	10:45 AM	\$50.00	\$90.00	Karen	Pool	
Preschool Swim Lessons	PS Level 2	3-5	Monday	5:00 PM	5:30 PM	\$42.86	\$77.14	Carter	Pool	5/25
Preschool Swim Lessons	PS Level 2	3-5	Tuesday	4:10 PM	4:40 PM	\$50.00	\$90.00	Brittany	Pool	
Preschool Swim Lessons	PS Level 2 (Small Group)	3-5	Wednesday	5:20 PM	5:50 PM	\$70.00	\$110.00	Roxanne	Pool	
Preschool Swim Lessons	PS Level 3	3-5	Monday	5:00 PM	5:30 PM	\$42.86	\$77.14	Roxanne	Pool	5/25
School Age Swim Lessons	LTS Level 1	6-14	Monday	5:35 PM	6:20 PM	\$50.57	\$84.86	Carter	Pool	5/25
School Age Swim Lessons	LTS Level 1	6-14	Tuesday	4:10 PM	4:55 PM	\$59.00	\$99.00	Carter	Pool	
School Age Swim Lessons	LTS Level 1	6-14	Tuesday	4:45 PM	5:30 PM	\$59.00	\$99.00	Brittany	Pool	
School Age Swim Lessons	LTS Level 1	6-14	Thursday	4:45 PM	5:30 PM	\$59.00	\$99.00	Carol	Pool	
School Age Swim Lessons	LTS Level 2	6-14	Monday	4:10 PM	4:55 PM	\$50.57	\$84.86	Roxanne	Pool	5/25
School Age Swim Lessons	LTS Level 2	6-14	Tuesday	5:00 PM	5:45 PM	\$59.00	\$99.00	Carter	Pool	
School Age Swim Lessons	LTS Level 2	6-14	Thursday	4:45 PM	5:30 PM	\$59.00	\$99.00	Brittany	Pool	
School Age Swim Lessons	LTS Level 3	6-14	Monday	4:10 PM	4:55 PM	\$50.57	\$84.86	Carter	Pool	5/25
School Age Swim Lessons	LTS Level 3	6-14	Tuesday	5:35 PM	6:20 PM	\$59.00	\$99.00	Carol	Pool	
School Age Swim Lessons	LTS Level 3 (Small Group)	6-14	Wednesday	5:55 PM	6:25 PM	\$70.00	\$110.00	Roxanne	Pool	
School Age Swim Lessons	LTS Level 4	6-14	Tuesday	4:10 PM	4:55 PM	\$59.00	\$99.00	Carol	Pool	
School Age Swim Lessons	LTS Level 4 (Small Group)	6-14	Wednesday	5:20 PM	5:50 PM	\$70.00	\$110.00	Miranda	Pool	
School Age Swim Lessons	LTS Level 5 (Small Group)	6-14	Wednesday	5:55 PM	6:25 PM	\$70.00	\$110.00	Miranda	Pool	
Speciality Swim	Endurance, Sports, and Games	6-14	Thursday	4:10 PM	4:40 PM	\$50 updated	\$90 updated	Carol	Pool	

## Swim Lesson Program Brief Descriptions

For more detailed information, please visit our website



Parent & Child Aquatics Levels 1 & 2	Parent & Child swim lessons introduce infants and toddlers to the water in a fun, supportive environment alongside a parent or caregiver. Designed for children ages 6 months to 3 years, these classes focus on water comfort, basic swim readiness skills, and essential aquatic safety. With hands-on guidance from instructors, families practice entering and exiting the water, floating, blowing bubbles, submerging, and simple arm and leg movements, while parents learn important water safety, life jacket use, and supervision skills.
Preschool Level 1	Swimmers familiarize how to enter and exit the water safely, breath control, submerging, supported front and back floats, supported arm and leg actions on front and back. Develop positive attitudes and safe practices in and around water.
Preschool Level 2	Swimmers who are comfortable in the water and able to coordinate swimming arm and leg action in the water, build on and improve water safety, breath control, submerging, front and back floats with minimal assistance for 15 seconds, arm and leg actions on front and back with minimal assistance for 2 body lengths.
Preschool Level 3	Swimmers submerge comfortably in chest deep water and swim on front and back independently 3 body lengths. Build endurance and independence in gliding on front and back, front and back crawl, elementary backstroke, and treading water. Water safety skills are reinforced. Must be school age to move to Learn To Swim Levels.
Learn to Swim Level 1	Swimmers with limited swimming experience explore water safety and basic swimming skills, such as: submerging, supported front and back floats, rolling front to back and back to front, gliding, kicking, front crawl arms, and jumping in.
Learn to Swim Level 2	Focus is building independence, good body control and position, forward movement, and water safety. Introduces rotary breathing, prolonged front floats, treading water, and elementary backstroke.
Learn to Swim Level 3	Swimmers have completed level 2 or have equivalent skills including front and back floats, treading water, and swim float swim. Skills are performed independently, improving coordination of previous skills with longer distance in deep water. Introduces front crawl, breaststroke kick, dolphin kick, elementary backstroke, and scissor kick.
Learn to Swim Level 4	Swimmers have completed Level 3 or have equivalent skills including, being able to swim front crawl and elementary backstroke independently 15 yards to enroll. Builds endurance in front crawl, elementary backstroke, treading water with modified scissor kick. Introduces backcrawl, sidestroke, turns at wall, butterfly, breaststroke, and feet-first surface dive.
Learn to Swim Level 5	Swimmers must be able to swim front and back crawl 25 yards, breaststroke, side stroke, and butterfly to enroll. Builds endurance and refines breaststroke, sidestroke, front crawl, back crawl, butterfly, elementary backstroke, and treading water. Introduces front crawl and back crawl flip turns, and the importance of CPR/First Aid.
Endurance, Sports & Games	Swimmers must be able to tread water independently for 1 minute. Students work on increasing endurance and stamina through games and activities.